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ABSTRACT

This activity and coloring booklet has been designed to supplement health lessons for primary grades students. Some of the activities are quite simple and require very little instruction and direction, while others are more difficult and require careful explanation prior to completion. The level of difficulty of the activities is varied in order to create both simple and challenging instruction for the students. The level of reading for some of the activities is a little more difficult due to the nature of the concepts that are being taught. This publication introduces the "Healthy Hare Family" and provides activities based on what they do in order to be healthy. The following topics are addressed: health promotion, germs, immunization, safety, the school nurse, emergencies, fitness, alcohol and drugs, nutrition, safety belts, smoking, environment, dental care, heart disease and cancer, and rest. Activities include reading and coloring exercises, follow the dots, tracing, printing, drawing, and matching exercises. Materials in this activity book may be reproduced as needed. (LL)

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THE HEALTHY HARE FAMILY COLORING AND ACTIVITY BOOK

ED 365 625

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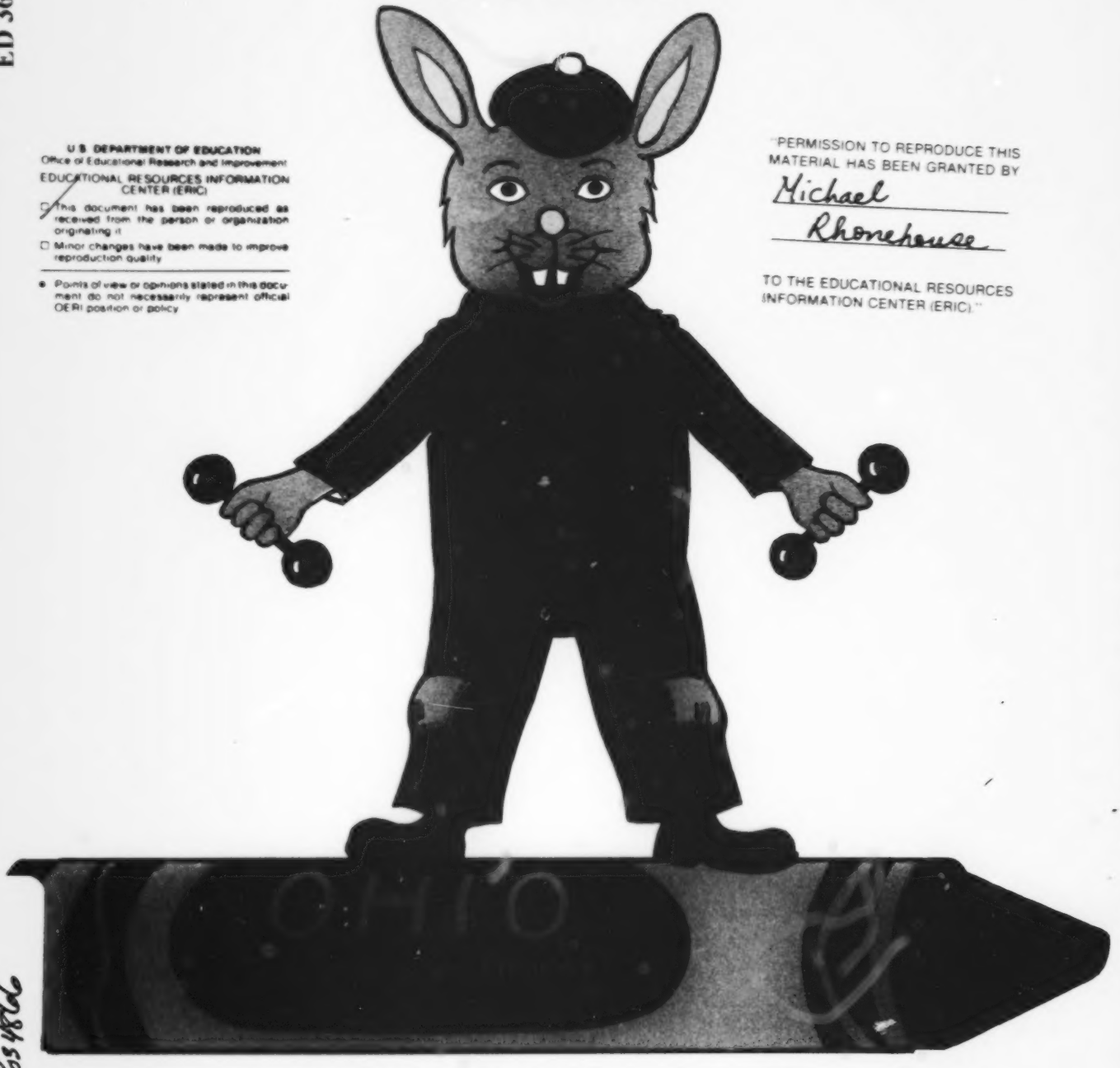

SP
SBS 9806

Grades Kindergarten - 3

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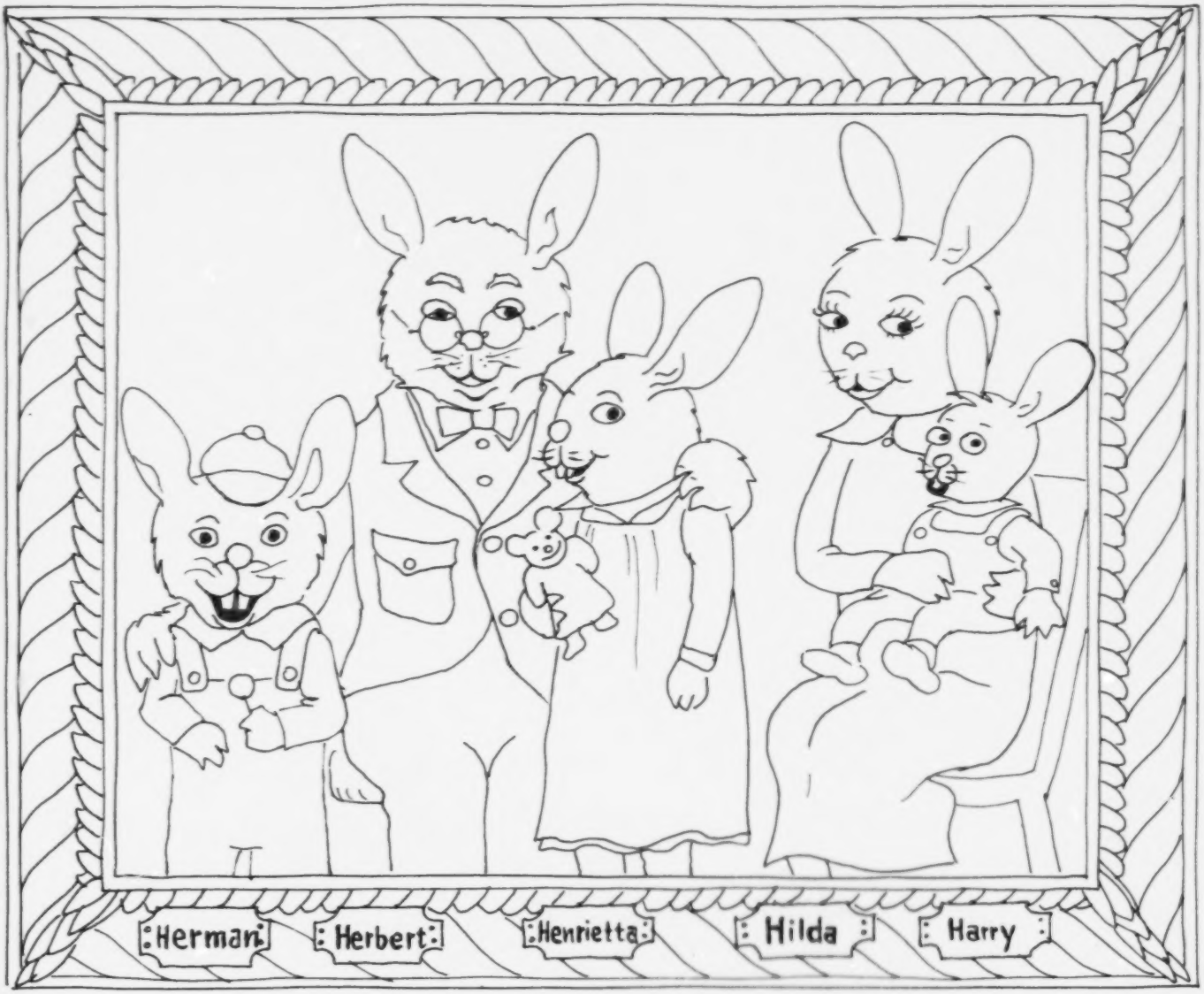
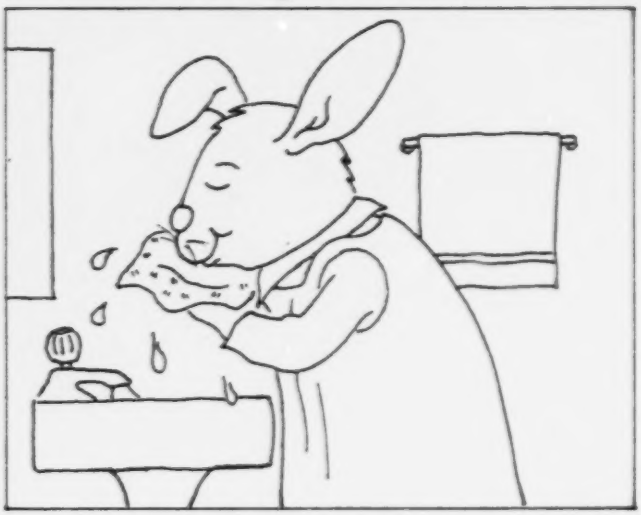
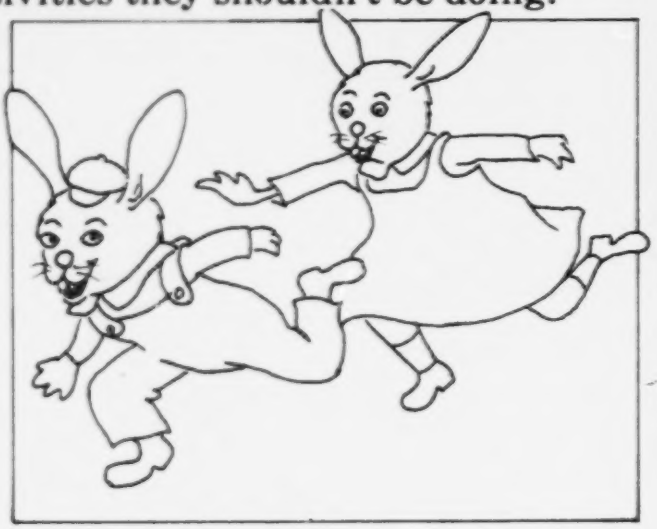
Meet the Healthy Hare Family. In this activity book, we are going to learn about what the Healthy Hare Family does in order to be healthy.

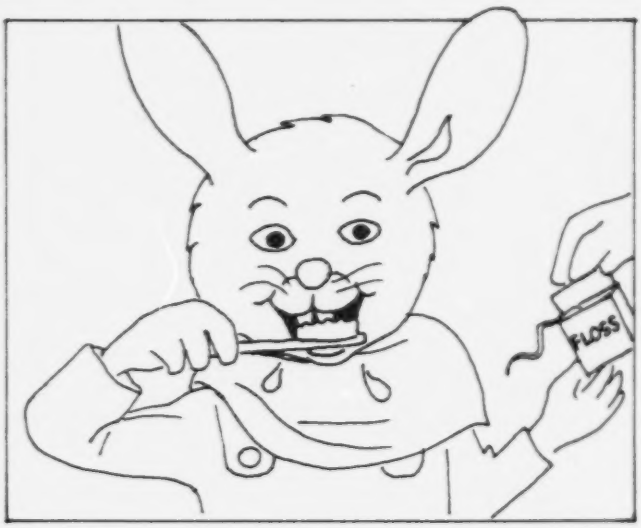


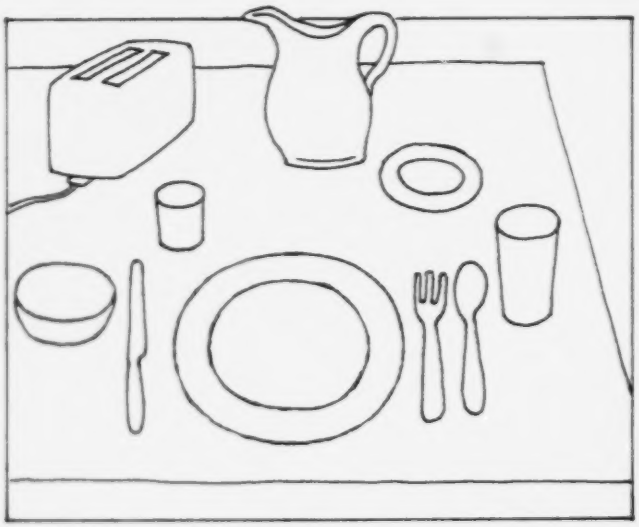
HEALTH PROMOTION

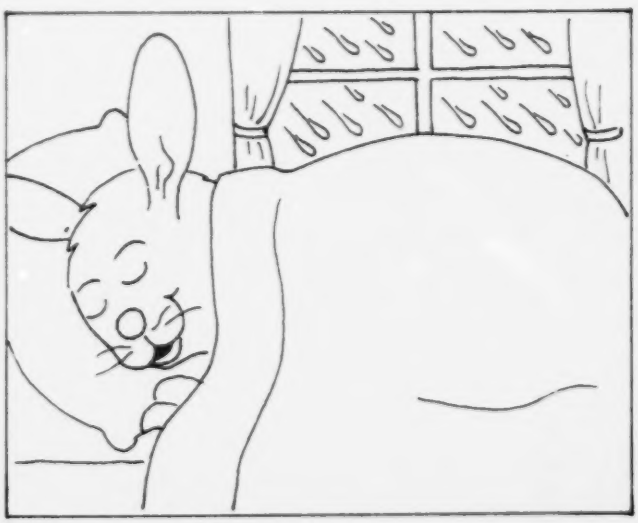
Herman and Henrietta are getting ready for school. Point to what they should be doing. Put an X on the activities they shouldn't be doing.









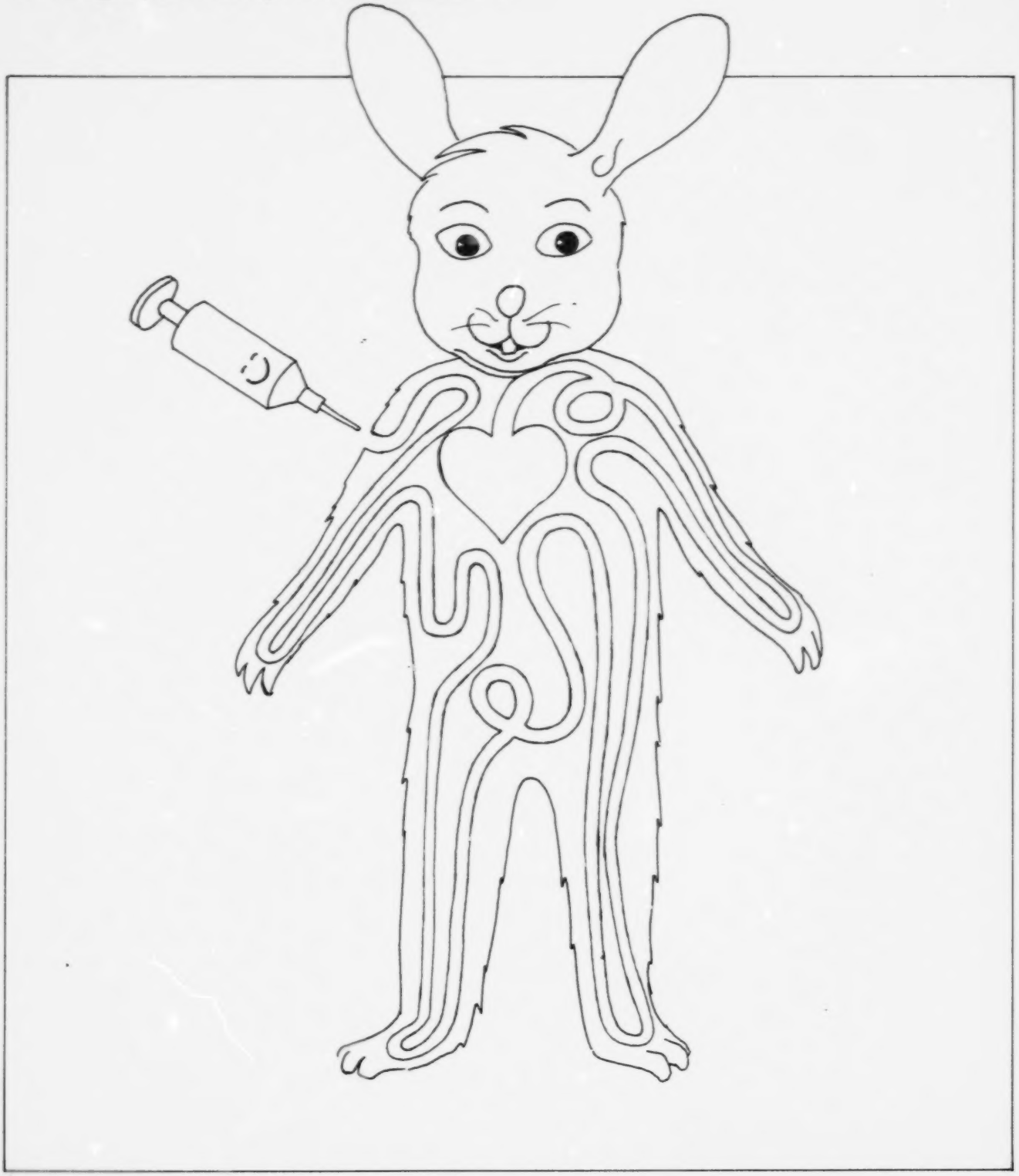


GERMS

Daddy Hare has a bad cold, so he is staying in bed today. Help him cover his mouth and nose when he sneezes and coughs by connecting the dots.

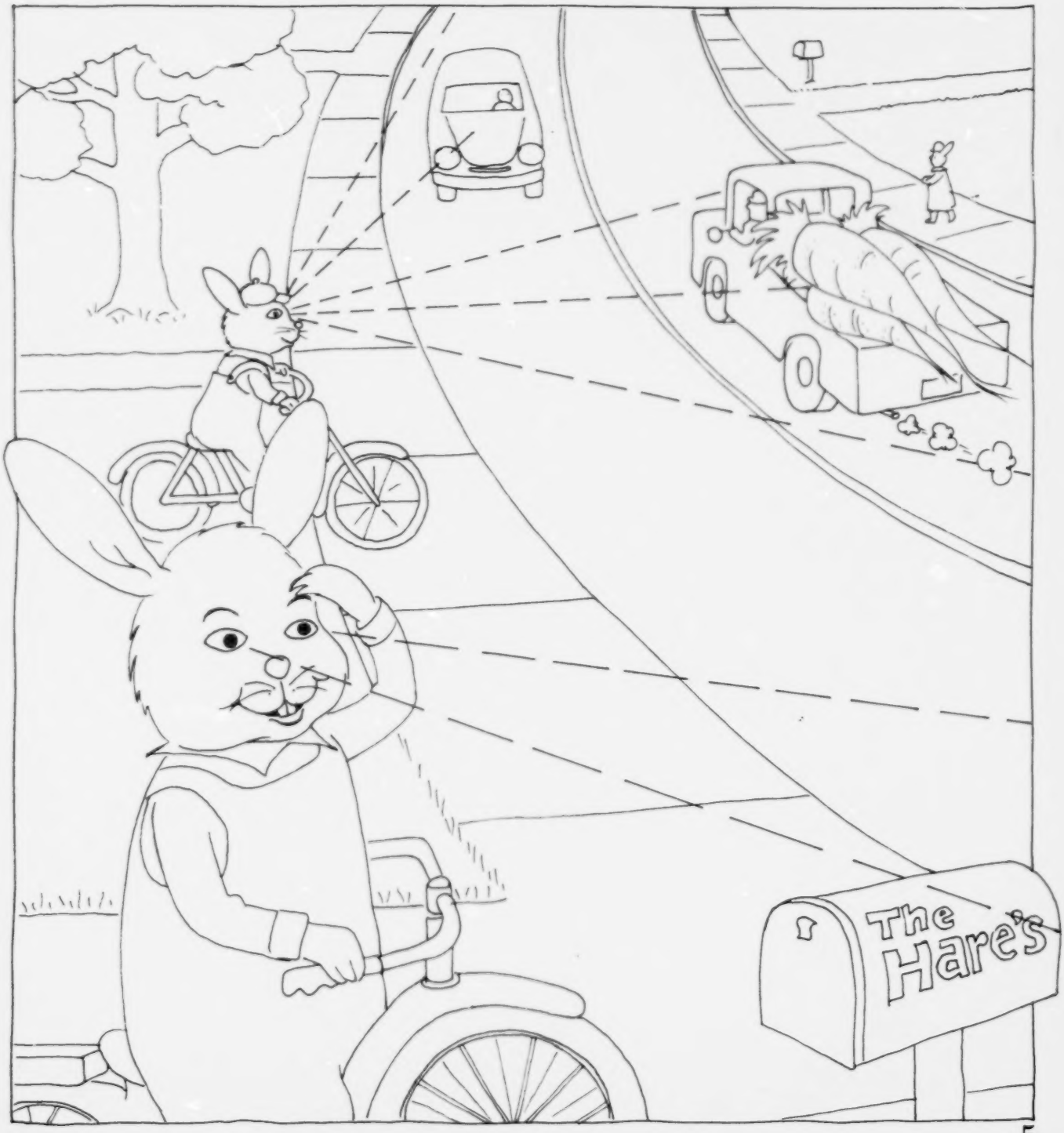
IMMUNIZATION

Baby Harry was fifteen months old last week. Mommy Hare is taking him to the doctor for his immunization shot against measles, mumps, and rubella. A shot is medicine you get before you get sick. It goes all through your body. Trace the shot.



SAFETY

Herman and Henrietta are on their way to school. Before crossing the street, they look both ways. They make sure they see all the cars.



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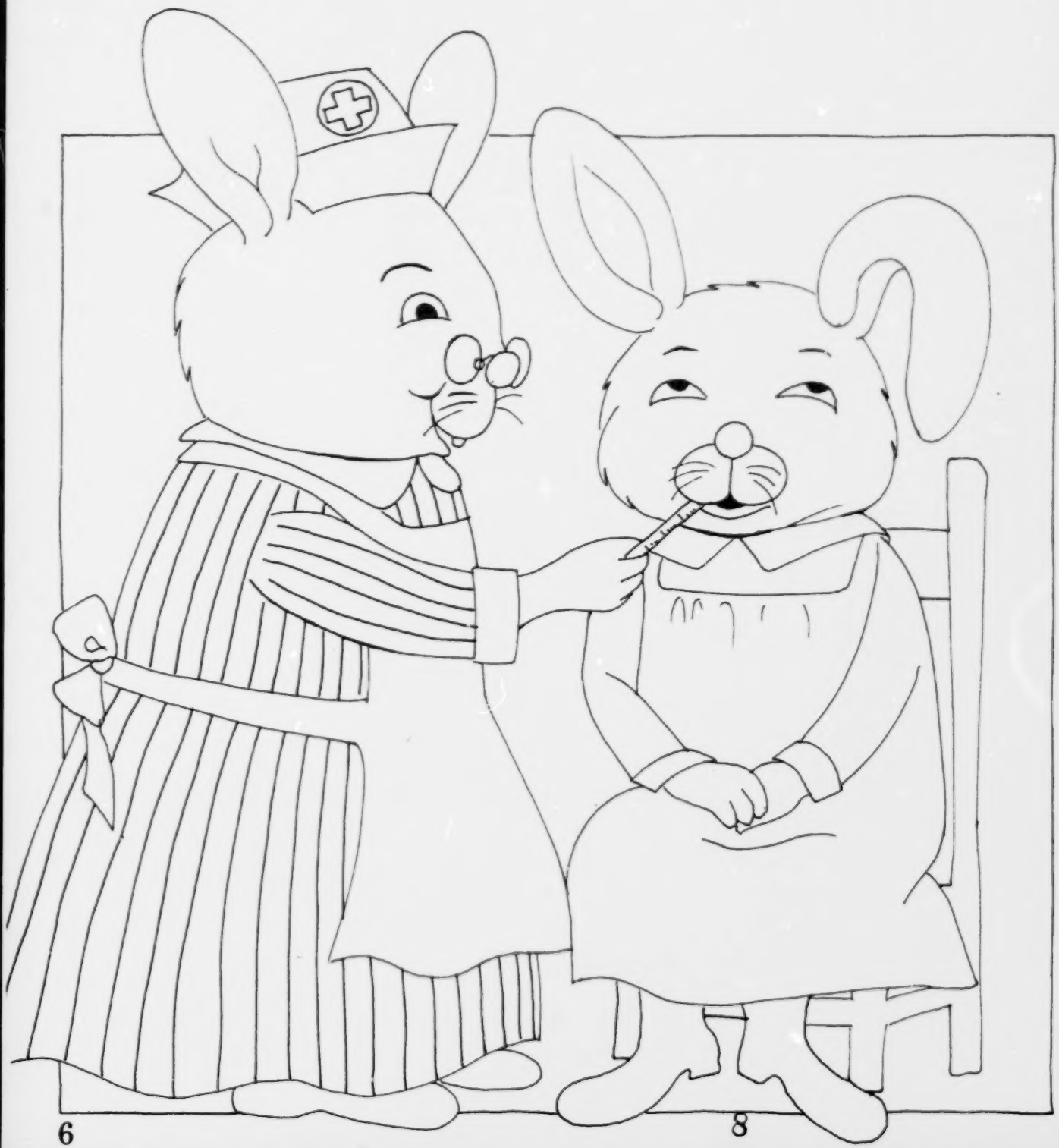
SCHOOL NURSE

At school, Henrietta doesn't feel good. She goes to the school nurse. Please color this picture.



EMERGENCIES

Do you know how to use the telephone in an emergency? Color O for Operator. Have a parent help you check the telephone directory for fire and police telephone numbers. Print these numbers here.

_____ POLICE

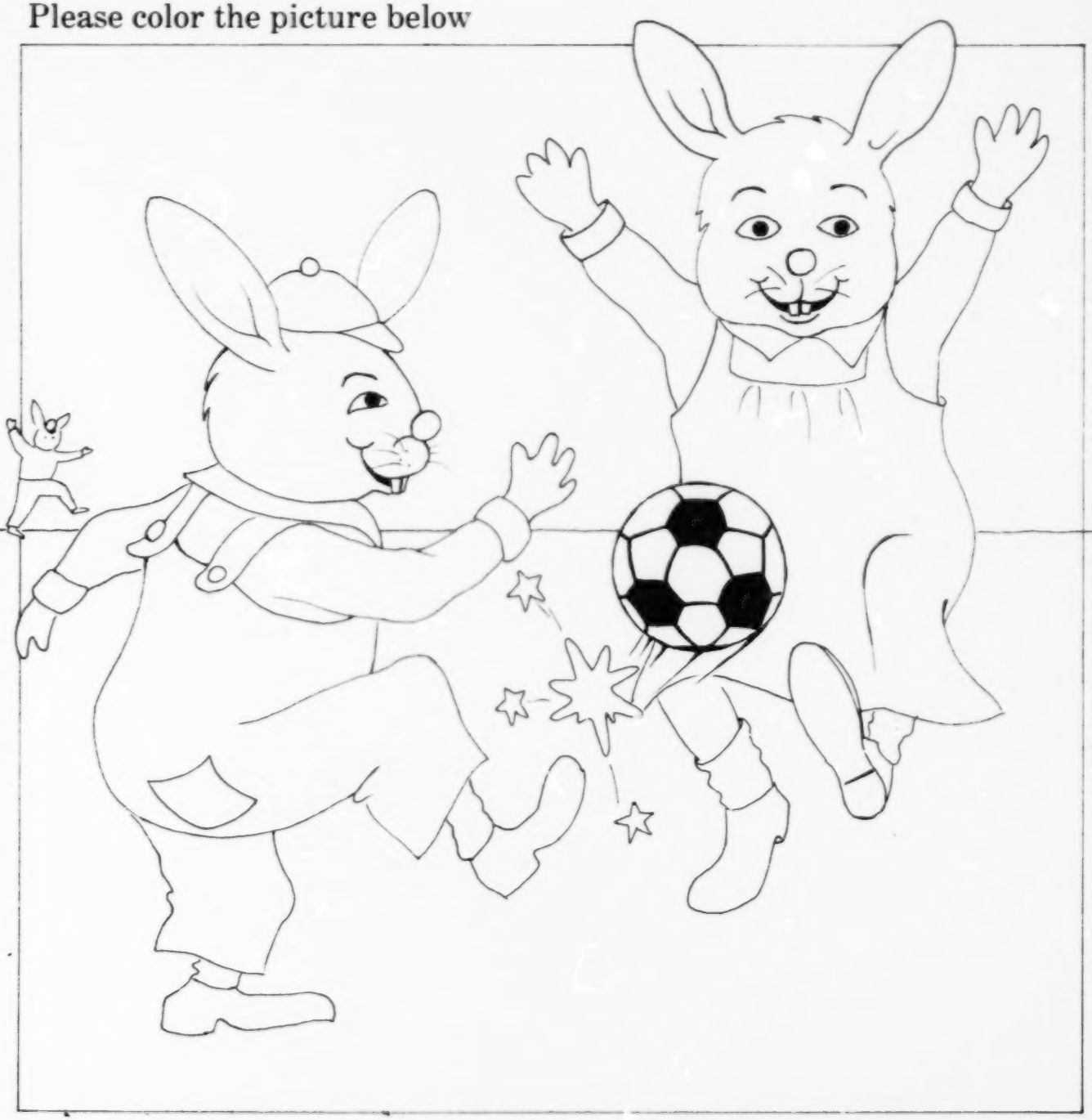
_____ FIRE

FITNESS

These children are staying fit by playing soccer at recess. Here are some other activities that help you stay fit. Circle the ones that you like to do.

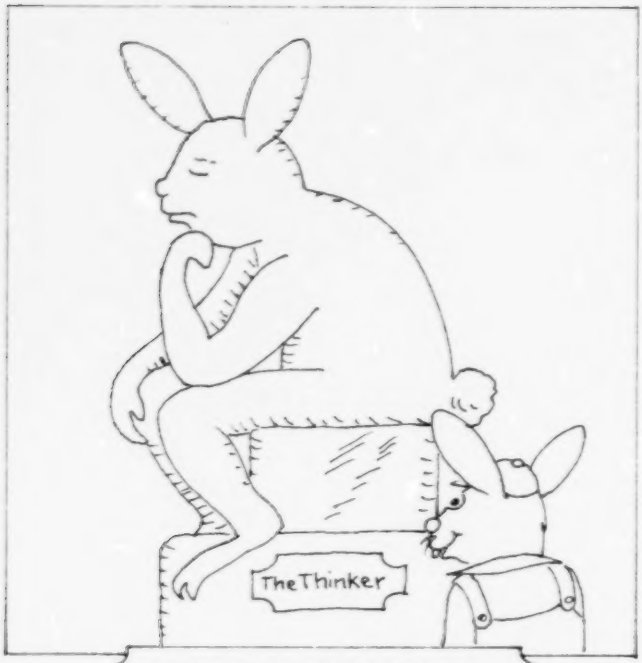
- Riding a bicycle
- Jumping rope
- Roller skating
- Doing exercises

Please color the picture below

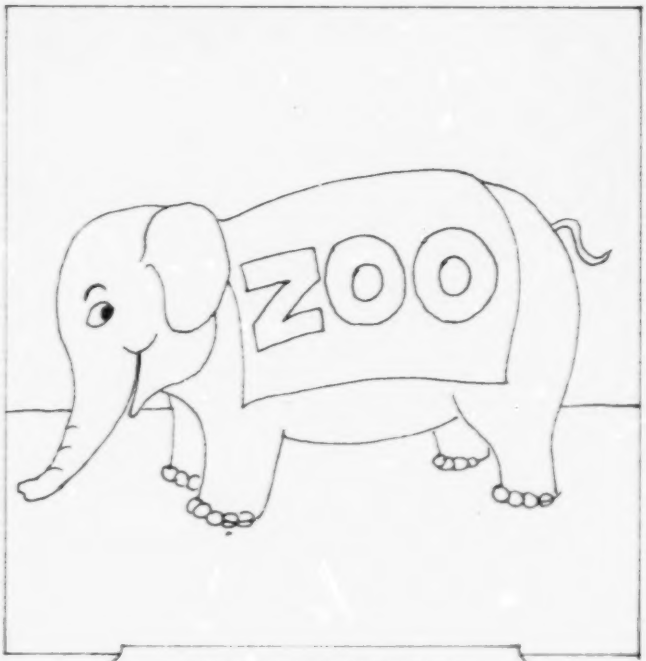


ALCOHOL AND DRUGS

In school,Henrietta's teacher told the class how alcohol and drugs can be bad for you. She suggested some fun things to do instead of drinking alcohol or taking drugs. Here are three ideas. In the blank frame, draw a picture of an activity you like to do. Color the pictures.



VISIT A MUSEUM



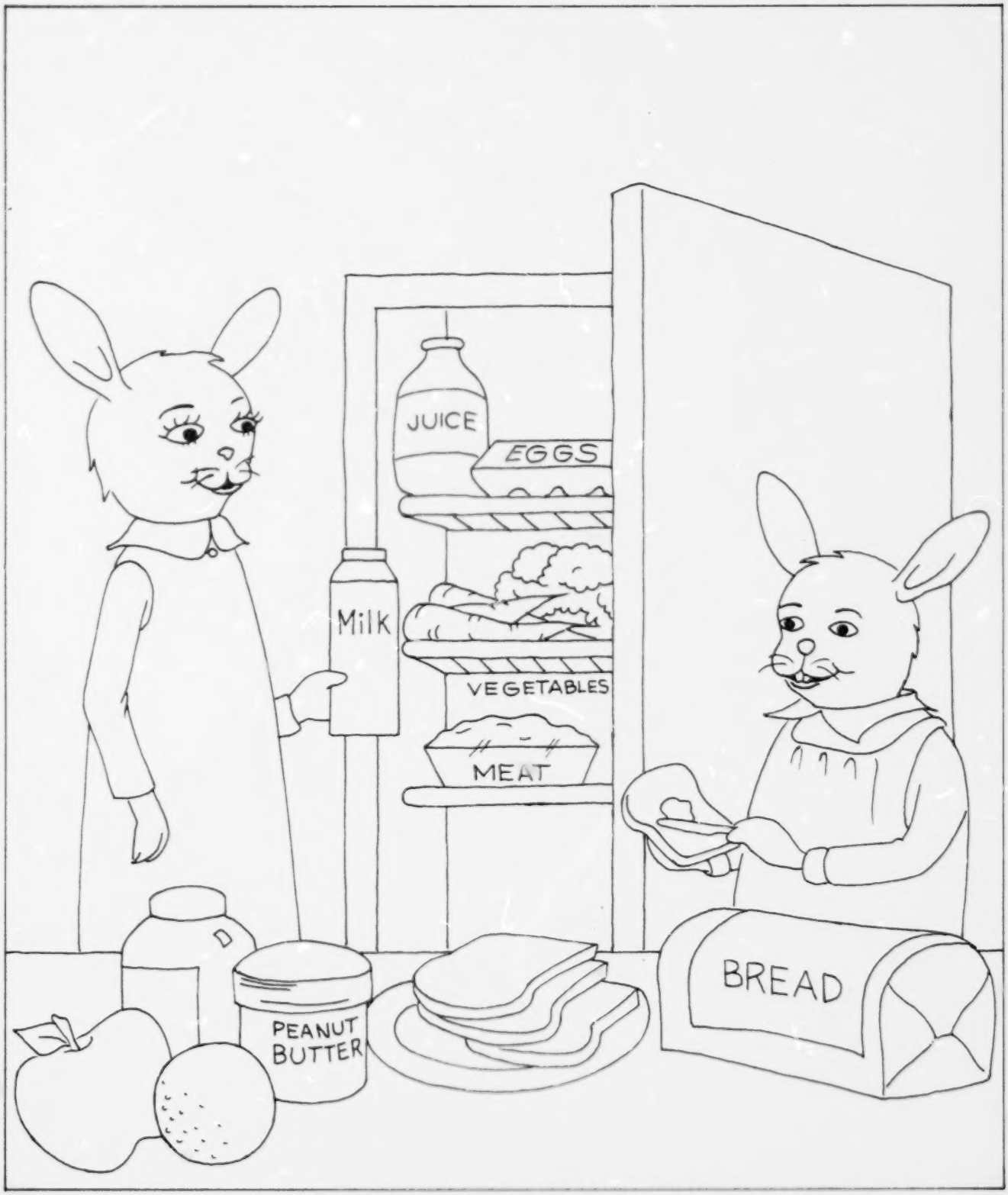
GO TO THE ZOO

GO TO A FAIR

DRAW A PICTURE

NUTRITION

To be healthy and strong, the Healthy Hare Family eats food from all four food groups each day. Please color this picture.



SAFETY BELTS

The Healthy Hare Family always wears safety belts in the car. Do you? Please color this picture.

SMOKING

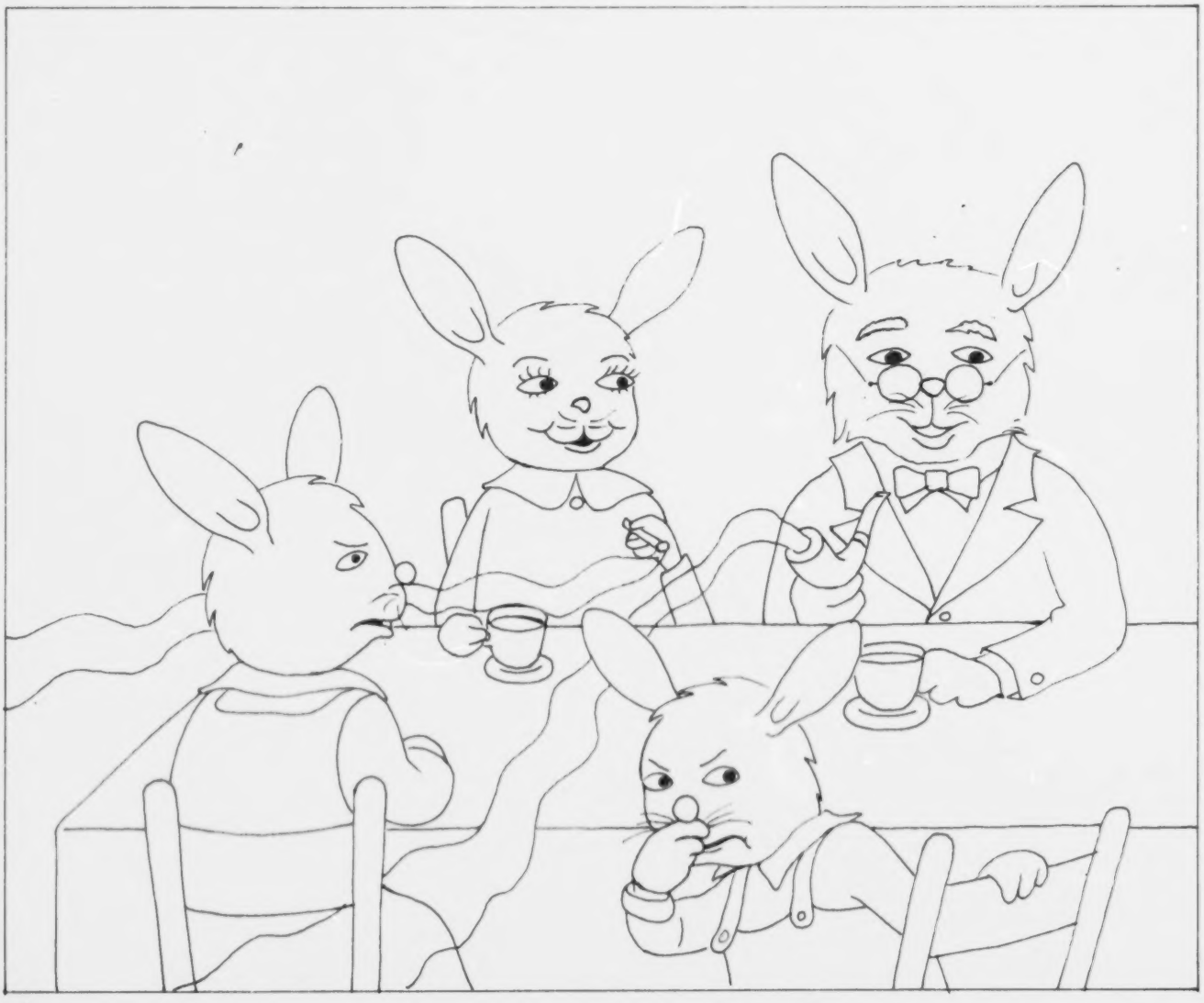
Smoking is unhealthy. Henrietta and Herman learned in school how to talk to grownups about smoking. This is what they learned:

1. GROWNUPS WHO SMOKE OFTEN WISH THEY DIDN'T

2. HOW TO TALK TO GROWNUPS WHO SMOKE

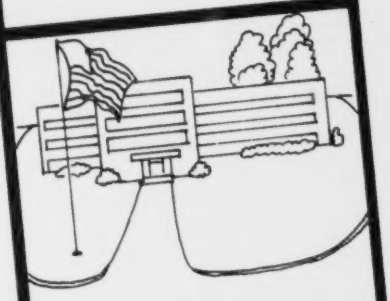
   - ASK THEM TO QUIT.
   - TELL THEM ABOUT HOW MUCH IT BOTHERS YOU.
   - TAKE TIME TO SHOW THEM YOU REALLY CARE.
   - BE PATIENT WITH THEM.

PLEASE COLOR THE PICTURE BELOW.



Herman is a member of the junior health patrol. Can you help him answer this checklist?

JUNIOR Health Patrol CHECKLIST

YES / NO	I CHECKED OUR GARBAGE CAN TO SEE IF IT WAS COVERED. . . IF NOT. . I COVERED IT!	
YES / NO	I CHECKED OUR FRONT AND REAR YARD FOR LITTER. . . IF ANY, I REMOVED IT!	
YES / NO	I CHECKED AROUND THE SCHOOL FOR LITTER. . . IF ANY, I PUT IT IN THE TRASH CAN!	
YES / NO	I AM DOING MY BEST TO HELP MY COMMUNITY IN ITS FIGHT AGAINST LITTER.	

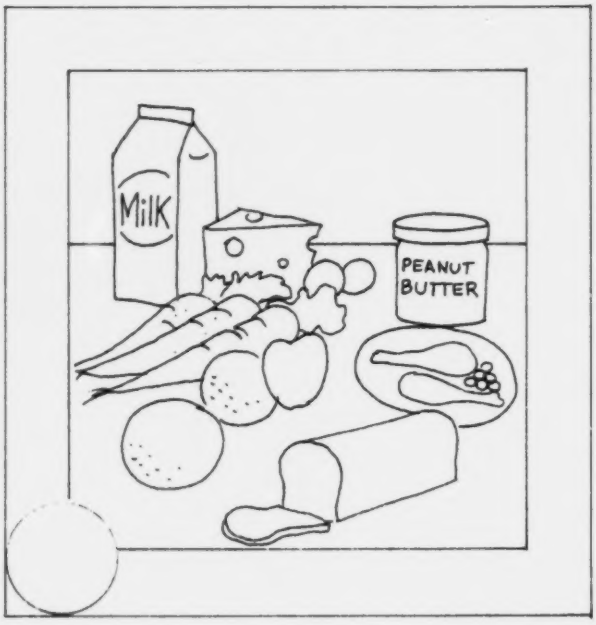
DENTAL

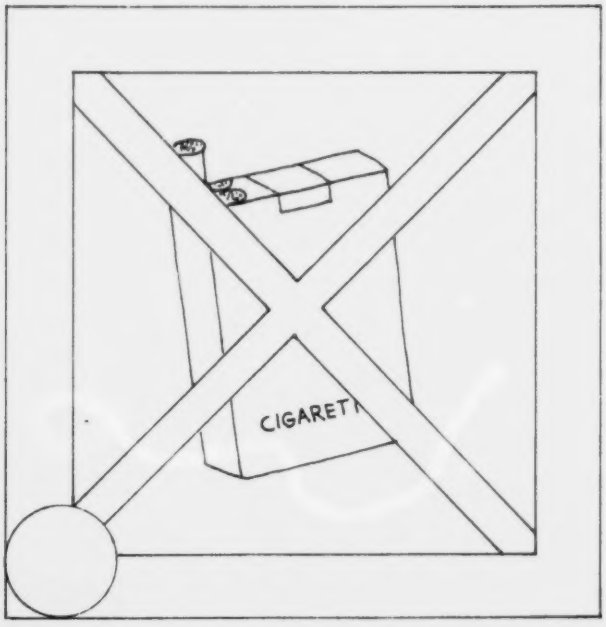
The Healthy Hare Family lives in an area that does not have fluoride in the water. Mommy Hare is giving baby Harry fluoride drops to make sure Harry's teeth grow strong and healthy. Please color this picture.

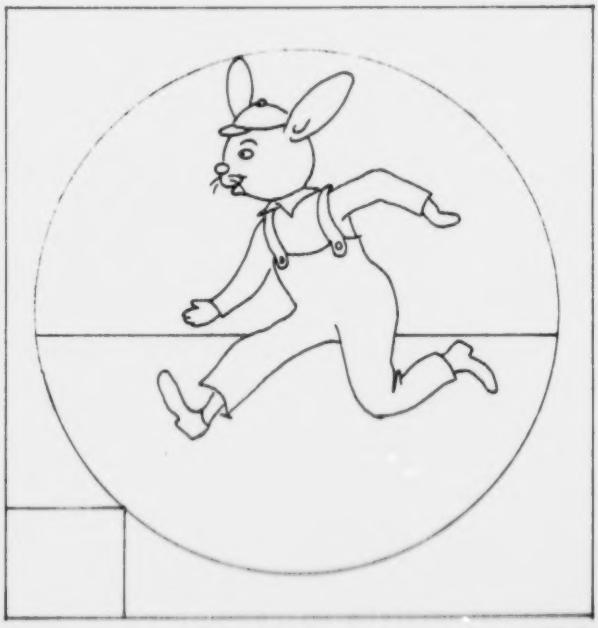
HEART DISEASE AND CANCER

Heart Disease and Cancer are two serious diseases you could develop. There are some things we can do to help reduce the chances of getting these diseases. Put in the number that matches the picture.

1. EAT A WELL BALANCED DIET
2. DON'T SMOKE CIGARETTES
3. GET REGULAR EXERCISE
4. TALK ABOUT FEELINGS







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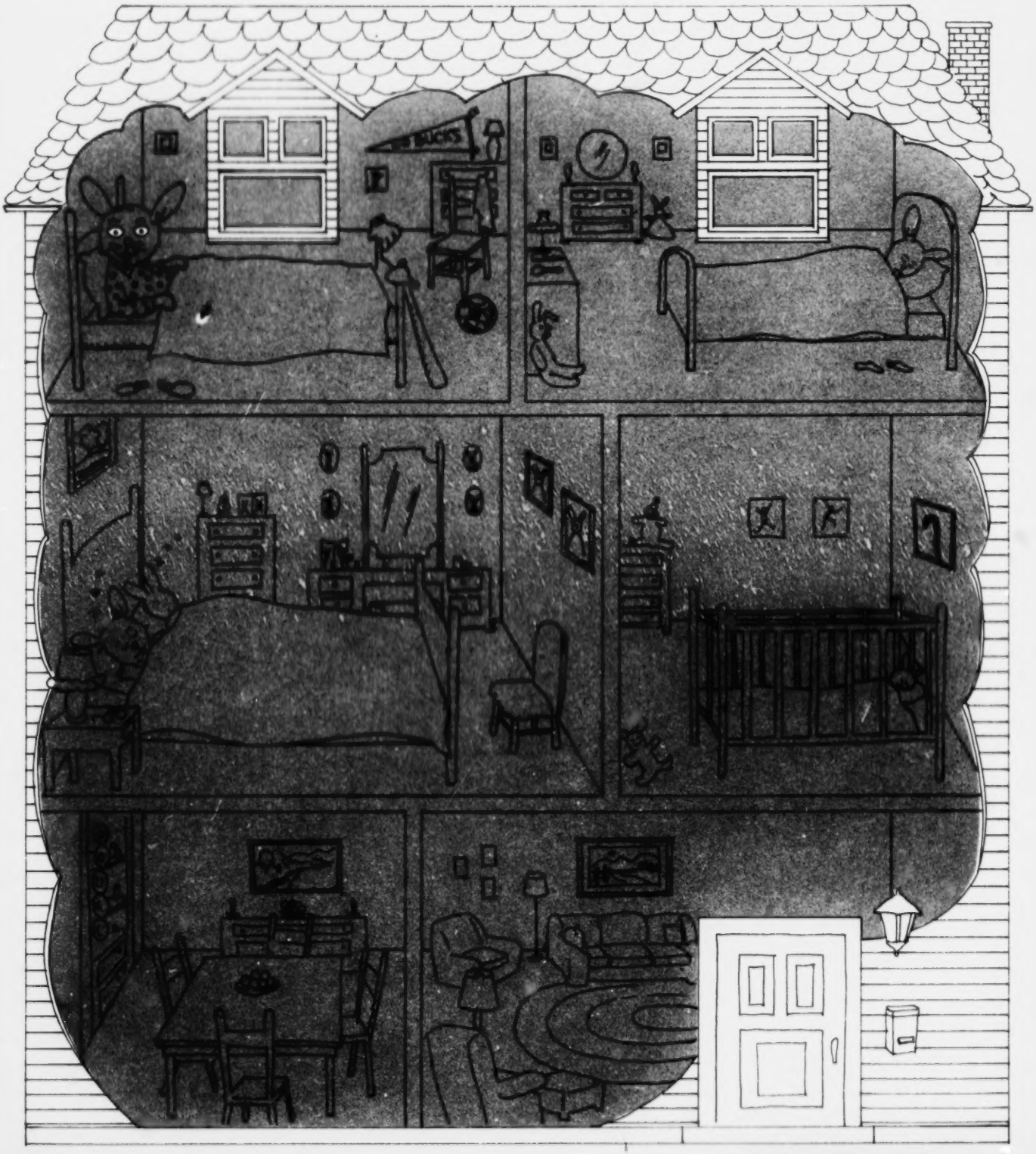
REST

The Healthy Hare Family makes sure they get plenty of sleep. Point to Herman's room, Henrietta's room, and Harry's room. Who is not asleep?



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